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BecauseWeCare

Healthy Ideas For A Healthy Workplace

 **CLICK** on this symbol throughout this e-newsletter for links to interactive simple solutions.



The Battle of the Bulge

In a world of super-sized portions and waistlines, “little” things take on more significance. That’s the idea behind the Great American Eat Right Challenge, kicking off on May 18.

The American Cancer Society’s Great American Eat Right Challenge will give you tips, tools, and support you need to help make healthy eating choices to reduce cancer risk.

This year’s event focuses on raising awareness of portion sizes and portion control, along with practical ways to eat better and maintain a healthy weight, according to Colleen Doyle, director of nutrition and physical activity for the American Cancer Society. “In the United States, the amount we consider a single serving has increased dramatically over the past 30-40 years. The Great American Eat Right Challenge is one day to make people conscious of how much we’re all really eating and to provide information and healthy options to use the rest of the year,” she says.

For example, a cup of fruit or vegetables is only half the size of a baseball; three ounces of meat, fish, or poultry is about the size of a deck of cards, and an ounce of cheese is no bigger than a pair of dice.

Healthy weight, body mass index, and good nutrition are all related to a lower risk of cancer and better health in general, so Doyle offers these common sense suggestions:

- To avoid temptation, serve from the kitchen rather than placing serving dishes on the table.
- Use smaller plates to make portions appear larger.
- When eating out, get sauces and gravies on the side to control your intake.
- Since restaurant portions are larger than normal, get a to-go box when your meal arrives and save half for tomorrow.

Doyle says that taking the Great American Eat Right Challenge could be the beginning of a healthier long-term lifestyle. After all, she says, “If you can change your eating behavior for one day, you’ll see that you can do it for a lifetime.” —Jeff Silver



**CLICK
HERE**

for more information on the Great American Eat Right Challenge and practical tips on portion control, healthy eating, and weight management.



Put MOM to the Test!

Mother's Day is the time for showing how much the women in our lives mean to us. Want to really show that special woman in your life you care? Encourage her to talk to her doctor about what cancer testing is right for her.

Breast. Yearly mammograms are recommended for women aged 40 and older. A clinical breast exam should be part of a periodic health exam about every three years for women in their 20s and

30s, and every year for women 40 and older. Women at increased risk should talk with their doctors about testing earlier.

Uterus. Testing for cervical cancer should begin three years after a woman begins having sexual intercourse, but no later than 21 years of age. Women should have a Pap test every year or a liquid-based test every two years.

Colon. This cancer strikes both men and women equally, but testing can reveal pre-cancerous polyps that can be removed – thus avoiding cancer in most cases. Women aged 50 and older should ask their doctors what tests are right for them.



CLICK HERE for more information about cancer prevention and early detection.

Beyond Sunscreen: High-Tech Garments Packed with Protection

Overexposure to the sun's rays can have negative effects on skin, ranging from sunburn and rashes to more serious damage such as premature wrinkling and skin cancer. While sunscreen remains a well-known option for protecting skin from overexposure, sun-protective clothing is becoming an increasingly popular choice for defending against the sun's harmful rays.

Sun protective clothing is specially designed to block out UV rays. The protection comes

from the fabric's weave, color, stretch, and weight, as well as special UV "absorbers." All sun block clothing has a label listing the garment's Ultraviolet Protection Factor (UPF) value. The higher the UPF, the better the protection.

Sun protective clothing can be found in some upscale department stores, boutique swimwear shops, and online from the manufacturers.



CLICK HERE for more information about protecting your skin from the sun.

Fast Track to Romance?

Have you ever been out on a first date and after the first five minutes known what it must feel like to be an animal caught in a trap that opts to gnaw off a leg to escape rather than put up with the agony? Well, speed dating might be just the answer to help you kick-start the kind of meaningful relationship that will improve your health and wellbeing.

Speed dating, simply put, is when a group of singles get together and spend about seven minutes talking to another person. Then, when the bell rings, each person goes on to the next "date." The idea has its pros and cons.

- If it doesn't work out, it's only seven minutes out of your life.
- A first impression might be all you need to know if you're interested or not.
- An introvert may have difficulty getting into the game in such a short time.
- Even a jerk can be charming for seven minutes.



SPA-SCHMA – Pamper Yourself at Home!

A trip to the local day spa can leave you feeling relaxed and refreshed. But what if you don't have the time or extra cash to make it happen? Not to worry. For little or no money, you can create that same environment at home right now. It's just a matter of tending to your senses.

- Collect favorite candles and light them around your bathtub or other favorite place to relax. Turn out the lights and allow the flames to create a warm glow.
- Choose different scents that you find pleasing and add them to the mix, perhaps as potpourri or aromatherapy oils.
- They don't call it "mood music" for nothing. Find sounds to match your needs, from new age to waterfalls, from dance to the sounds of silence.
- A little touch therapy can do wonders. Try lounging in a warm, bubble-filled tub or Jacuzzi or wrapping yourself in a soft, fuzzy robe. Allow your body the time to recuperate from the day's stresses and strains by massaging your muscles and moisturizing your skin.

With the right atmosphere, your day spa at home will have you ready, set...ahhhhh.



PICNIC Perfection



Memorial Day is traditionally the first holiday of the summer picnicking season, so it is important to do it up right with fun, healthy foods. Here are a few tips:

- If you just can't stand to snack on plain veggies, pick a low-fat ranch dip for your carrots and celery sticks, cherry tomatoes, and cauliflower and broccoli florets.
- Rather than light up the barbeque, bring along an assortment of lean deli meats, sliced tomatoes, onions, pickles, lettuce, and condiments for a make-your-own sandwich, complete with heart-healthy whole-grain breads.
- If you and your guests spent the winter snacking on chips, dips, and all things fried, offer a quick and easy fresh fruit salad of oranges, mangoes, grapes, apples, and watermelon. Yogurt kept well chilled is a perfect complement for this healthy dessert. You may even want to furnish granola or raisins for a healthy, delicious topping.



Take Up the Fight!

One in two American men and one in three American women will have cancer in their lifetime. With these odds, who can afford to sit idly by and just watch the fight against cancer from the sidelines? Participate in the American Cancer Society's Relay For Life® and help eliminate cancer.

Get fit by taking turns walking or running the track at this fun-filled, family-friendly slumber party and campout. Relay is an all-night, action-packed team event that is life

changing. It's an intimate celebration of life that brings you together with your community to help fight cancer.

Find a Relay For Life near you and join the fight against cancer today to help improve your odds for tomorrow.



CLICK HERE to find a Relay For Life event in your community.



Stop and Eat the Flowers

Before you put that bouquet in water, consider that those flowers could be more than just decoration at the dinner table. Traditionally showcased as a table centerpiece or used as a garnish, edible flowers can bring color and flavor to any of the three squares a day.

So, what do they really taste like? Violets, roses, and lavender add sweetness to salads and desserts, whereas others – for example, thyme, oregano, and sage blossoms – taste similar to the herbs themselves and can be added to main dishes. Blossoms from fruit trees, such as apple and citrus, and vegetable blossoms including squash, radish, and zucchini are fragrant and

flavorful. Other popular flower selections include hyacinth, lilac, honeysuckle, pansies, roses, scented geraniums, tulips, violets, day lilies, marigolds, and daisies.

Before eating, wash the flowers well and pat them dry. Be sure to remove the bitter stems, stamens, and pistils, and eat the petals only.

Not all flowers are edible, though. Be sure to buy edible flowers from your grocery store or farmer's market. Never buy them from a florist or greenhouse or pick them from the side of the road, since you can't be sure of what you are getting, or if they were treated with pesticides.

Green Salad with Edible Flowers and Mustard Vinaigrette

Edible flowers, purchased from specialty stores or supermarkets that carry gourmet produce, should be tightly wrapped and stored in the refrigerator up to a week.

Dressing:

1/3 cup fat-free Italian dressing
1/4 teaspoon Dijon mustard
1/4 teaspoon horseradish
1 tablespoon poppy seeds

Whisk together all dressing ingredients. Just before serving, toss lettuce, pepper, tomatoes, and artichoke hearts with dressing in a large bowl. Top salad with raisins, sunflower seeds, and flowers.

Serves 8. Approx. per serving: 70 calories, 2 grams of fat

Salad:

2 cups Bibb lettuce, washed and torn
2 cups radicchio lettuce, washed and torn
2 cups Romaine lettuce, washed and torn
1 yellow bell pepper, diced
2 Roma tomatoes, diced
1/2 cup canned artichoke hearts, drained and chopped
2 tablespoons raisins
2 tablespoons sunflower seeds
1/2 cup edible flowers, such as sweet roses or pansies, if available



CLICK HERE for more recipes from *Celebrate! Healthy Entertaining for Any Occasion.*

In the Next Issue

- **Exercise: The Ultimate Mood Enhancer**
- **Hit the Pool!**
- **Food of the Month: Scallops**

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All content for BecauseWeCare is provided by the American Cancer Society.

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.

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